

# THE BEACON

**November 2001**

**Fleet & Family Support Center**

**West Entrance ~ 930 Franklin Blvd.**

**Tel.: (559) 998-4042**

## **VETERANS DAY – HOW IT BEGAN**

In 1921, an American Soldier-his name "known but to God" was buried on a Virginia hillside overlooking the Potomac River and the city of Washington. The Arlington National Cemetery burial site of this unknown World War I soldier became the personification of dignity and reverence for America's veterans.

Memorial gestures took place on November 11, giving universal recognition to the celebrated ending of World War I hostilities at 11 am, November 11, 1918 (the 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month). The day became known as "Armistice Day."

Armistice Day officially received its name in America in 1926 through Congressional resolution. It became a national holiday 12 years later by similar Congressional action.

**Continued on page 6**

### **Inside This Issue:**

<b>1</b>	<b>VETERAN'S DAY-HOW IT BEGAN</b> (cont'd pg 6)
<b>1</b>	<b>IT STARTED AT NAS LEMOORE!</b> (cont'd pg 2)
<b>2</b>	<b>A GERMAN SALUTE</b>
<b>2</b>	<b>RELOCATION SERVICES</b> (cont'd pg 5)
<b>3</b>	<b>FFSC PROGRAM DESCRIPTION</b>
<b>4</b>	<b>NOVEMBER CLASSES CALENDAR</b>
<b>5</b>	<b>UNDERSTANDING DOMESTIC VIOLENCE Part II</b>
<b>5</b>	<b>RELOCATION SERVICES</b> (cont'd)
<b>6</b>	<b>VETERANS DAY – HOW IT BEGAN</b> (cont'd)
<b>6</b>	<b>WANT ADS</b>



**United We Stand**

## **IT STARTED AT NAS LEMOORE!**

Do you want to improve retention rates? Attend TAP early! This may seem odd and illogical since TAP assists our service members and their spouses in deciding if they want to separate or retire. But people who attend TAP early choose to stay in.

Statistics indicate the sooner someone attends the TAP Workshop, the more likely they are to reenlist. Throughout the Navy, 20% of TAP Workshop participants who attended more than 90 days prior to separation, ultimately reenlisted. This is compared to the small 5% who reenlist after attending with less than 90 days left on active duty. BUPERS provided us this surprising data.

Transition Assistance Program (TAP) workshops started in Lemoore in 1977, more than 24 years ago, as a effort by base leaders and community officials to educate military families about careers, colleges, VA benefits and the civilian lifestyle.

Prior to the military's draw down, the workshops were nationalized with legislation requiring all military bases to hold them. Even today, the workshops are still popular with service members.

Last year some 500 active duty members or 80% of those separating or retiring at Lemoore participate in TAP.

Here's just a sample of what TAP offers you.

- Help in making that "tough" decision – should I stay or leave the Navy?
- Career planning – develop a career catalog, career changes, long range goals.

**Continued on page 2**

## A GERMAN SALUTE

For those of you who are not in the military, this might give you a hint of why I have stayed over 25 years. I had tears running down my face as I read this. It is a special and very tightly woven camaraderie-sort of patriotism we are seeing now in the US, but it happens all the time, every day.

L. Hemingway, Lt Col, USAF

This is an e-mail from a young ensign aboard USS Winston Churchill (DDG-81) to his parents. (Churchill is an Arleigh Burke class AEGIS guided missile destroyer, commissioned March 10, 2001, and is the only active warship named after a foreign national.).

Dear Dad,

We are still at sea. The remainder of our port visits have all been cancelled. We have spent every day since the attacks going back and forth within imaginary box drawn in the ocean, standing high-security watches, and trying to make the best of it. We have seen the articles and the photographs, and they are sickening. Being isolated, I don't think we appreciate the full scope of what is happening back home, but we are definitely feeling the effects.

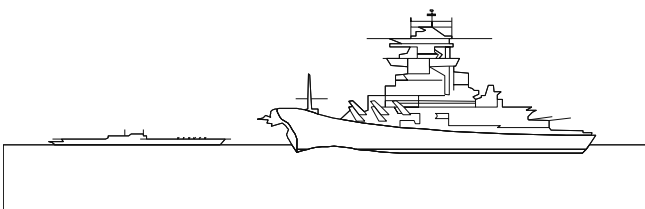
About two hours ago, we were hailed by a German Navy destroyer, Lutjens, requesting permission to pass close by our port side. Strange, since we're in the middle of an empty ocean, but the captain acquiesced and we prepared to render them honors from our bridge wing.

As they were making their approach, our conning officer used binoculars and announced that Lutjens was flying not the German, but the American flag. As she came alongside us, we saw the American flag flying at half-mast and her entire crew topside standing at silent, rigid attention in their dress uniforms. They had made a sign that was displayed on her side that read "We Stand By\_You."

There was not a dry eye on the bridge as they stayed alongside us for a few minutes and saluted. It was the most powerful thing I have seen in my life. The German Navy did an incredible thing for this crew, and it has truly been the highest point in the days since the attacks. It's amazing to think that only half-century ago things were quite different.

After Lutjens pulled away, the Officer of the Deck, who had been planning to get out later this year, turned to me and said, "I'm staying Navy."

I'll write you when I know more about when I'll be home, but this is it for now.



Continued from page 1  
(IT STARTED AT NAS LEMOORE – Cont.)

- Education planning: learn about colleges, schools.
- Medical record screening for possible compensation.
- Writing skills for resumes and job applications.
- Learn interviewing skills for that next promotion or new job.
- Find out what your benefits are – what entitlements the VA, State and DOD offers vets.
- Financial planning for retirement.
- A network of contacts in your career – professionals, web sites, job hotlines and more.

Learn more about what TAP can offer you. Discuss your participation in TAP with your career counselor 6-12 months before your "EAOS". If you qualify, the career counselor will nominate you for the workshop. For further information, contact the transition staff at the Fleet and Family Support Center.

## RELOCATION SERVICES

By Curtis Hellman, RAP Coordinator

One of the many services that the Fleet & Family Support Center offers is Relocation Assistance. The staff will be happy to assist and answer any questions you may have concerning moving and relocation. We also provide the following services for DoD personnel and their family members:

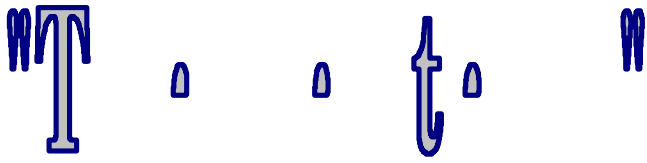
Sponsor Training – A self-training program accessible on the Internet. This training will introduce you to the Navy Sponsor Program. It will provide information on how the Sponsor Program was developed, what it is for, and how to be an effective sponsor. This course also contains resource information, and worksheets (a sponsor tool kit that can assist you in your role as a sponsor). The Sponsor Program is designed to help facilitate the relocation of Navy service members and their families. The primary goal is to ease difficulty and reduce the apprehensions normally associated with a Permanent Change of Station move. The web site is:

<http://www.lifelines2000.org/services/relocation/index.asp?AttribID=385>

Telephone Directory/Base Map – The most current information for NAS Lemoore and the surrounding areas is maintained to build information packages for newcomers. Sponsor coordinators or sponsors may request packages to be built or stop by "The Center" to customize their own.

**SITES** – A comprehensive database information system that is updated as changes occur. It enables service members to retrieve relocation information from DoD installations all over the world. It contains referral information to help transferring service members and their families develop an accurate view and realistic expectations about their new assignments. The web site is: <http://www.dmdc.osd.mil/sites>

Continued on page 5



## Workshop Description

**“Ahhh – Warm Fuzzies”** - Sometimes we get stuck in a routine. This workshop will help you to make a good thing better through intimate talk, fun and activities together. You will also learn how to identify hidden issues that trigger anger and stress and the means to control the events rather than letting them control you!

**Dynamic Resumes** – Learn how to write a resume that can land you an interview. This workshop teaches you the basics of writing a resume.

**Emotional Cycles of Relocation** - This course covers Relocating, one of the most prominent characteristics of the military lifestyle. It can be very taxing, yet extremely exciting for all involved. While the Navy generally handles the "nuts and bolts" of the move, service members and their families must handle the emotional, psychological and adjustment virtually alone.

**Rules of Engagement or “Fighting Fair”**  
- Don't let unsolved problems destroy your relationship! All couples encounter difficulties. Learn to handle your problems *as a team*. This workshop will teach you a problem solving technique that should leave both of you feeling heard and validated, even when you disagree, as well as the importance of friendship in your relationship.

**TAP (Transition Assistance Program)** – This workshop is designed for the service member and their spouse who are considering leaving the Navy. Get an inside look on civilian life, a new lifestyle, financial changes, job searching, resume formats, interviewing and more. Begin building your transition plan, resume, and job networks. Recommended 6-12 months before separation or retirement.

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**Smooth Move in Relocating** - The purpose of this workshop is to ease the potential stress and frustration associated with relocation of military families.

**Soulmates** – Dedication and commitment to your relationship will be explored in this workshop. Everyone has a belief system of some sort, whether religious, cultural or within some spiritual framework. These are *core beliefs*. Learn why having a shared worldview makes marriage easier by leading to greater harmony.

**Spouse Employment Assistance Networking**  
– This workshop explores Networking, putting a list together of businesses that hire people in your occupation, checking the internet and daily newspapers, and visiting job placement offices for employment. Learn about and join the e-mail job network so that you are the first contacted when jobs in the area become available.

**Jobs, Jobs, Jobs** – Individual counseling with the State Employment job counselor. Participants learn where the jobs are in this area. Computer web sites, such as CalJobs are shared.

**Finding a Federal Job Fast** – Looking for that Federal Job? Need some help in finding it? This workshop focuses on 2.5 million federal jobs throughout the world. You'll receive valuable resources and inside tips on how to find and land a Federal job.

**“Pleasure Zone” – The Good Stuff!** - Problems can develop for couples when, over time, the focus becomes sexual rather than sensual. Preserve the sexual and sensual in your relationship! Hidden agendas will also be addressed through problem solving and establishing rules of good communication.

# **NOVEMBER SCHEDULE**

**Fleet & Family Support Center • 930 Franklin Avenue, West Entrance**

Serving Active Duty & Retired Military, Dependents and DOD Civilians



<b>Class/Workshop</b>	<b>Date/Time</b>
<b>AHHH – WARM FUZZIES</b> (Lessons for Lovers Series)	2 Nov. 9:30 – 11:00
<b>ANGER MANAGEMENT</b> 5-Session Workshop	5, 19, 26 Nov... 3:00 – 4:30
<b>PARENTING OF YOUNG CHILDREN</b> 7-Session Class	6, 13, 20, 27 Nov 2:00 – 4:00
<b>DYNAMIC RESUMES</b>	6 Nov. 4:00 – 6:00
<b>EMOTIONAL CYCLES OF RELOCATION</b>	7 Nov. 4:00 – 5:30
<b>INVEST IN YOURSELF: MILITARY THRIFT SAVINGS PLAN</b>	7 Nov. 6:00 – 8:00
<b>“FIGHTING FAIR</b> (Lessons for Lovers Series)	9 Nov. 9:30 – 11:00
<b>OMBUDSMAN BASIC TRAINING</b> (Required for Ombudsmen)	Part I~10 Nov. / Part II~17 Nov.
<b>TAP (TRANSITION ASSISTANCE PROGRAM)</b>	13-16 Nov. 7:30 – 4:00
<b>SMOOTH MOVE IN RELOCATING</b>	14 Nov. 4:00 – 5:30
<b>SOULMATES</b> (Lessons for Lovers Series)	16 Nov. 9:30 –11:00
<b>SPOUSE EMPLOYMENT ASSISTANCE NETWORKING</b>	19 Nov. 4:00 – 5:30
<b>JOBS, JOBS, JOBS : LOCAL JOB HUNTING</b>	20 Nov. call 998-4042 for appt.
<b>FINDING A FEDERAL JOB FAST</b>	20 Nov. 4:00 – 5:30
<b>“PLEASURE ZONE:” THE GOOD STUFF!</b> (Lessons for Lovers Series)	30 Nov. 9:30 –11:00

**All Events are FREE for Active Duty, Dependents, Retirees and DOD**

Due to limited space, registration is required

**Call 998-4042**

## **Understanding Domestic Violence**

### **Part II**

(This is a continuation of an article written last month by the Family Advocacy staff)

#### **The Victim**

There is no typical profile of reported domestic violence victims, but they are usually female (some 95 percent are women). Young, old, single, married, professional, unemployed, rich or poor - all may be potential victims of domestic violence. The problem of domestic violence occurs throughout society and affects all socioeconomic, cultural and ethnic groups.

Children in abusive homes are also victims of domestic violence, even if they are not physically abused themselves. Witnessing violence in the home causes emotional suffering and many corresponding problems for children, including increased anxiety, aggressive behavior, depression and a lack of self-esteem. Youngsters who grow up in hostile or abusive environments are much more likely to demonstrate violent behavior as adolescents than children who are raised in nonviolent homes. Exposure to violence as a way of life may also result in their becoming involved in abusive relationships as adults.

#### **The Batterer**

Similarly, there is no single description of domestic abusers, other than that they are usually male. Like the victim, a batterer may come from any walk of life. To outsiders, he may appear to be a good provider, a warm and loving father and a law-abiding citizen. Nevertheless, he frequently has a low opinion of himself. A batterer may be under the influence of alcohol or drugs at the time of the assault. He may refuse to accept responsibility for his destructive behavior, claiming, "I was drunk," "I didn't know what I was doing," or "It just happened." The batterer may feel the abuse was justified or argue that his partner was at fault. He may believe he will never do it again. In any case, the assaults usually continue.

#### **For Better or For Worse**

One of the most frequently asked questions about domestic violence is "Why does a victim stay?" There are many reasons why women (or men) remain in violent relationships: some of the reasons include love, fear, pride, loyalty, embarrassment, children, lack of knowledge about options, low self-esteem, or a combination of these factors. Victims often hope that the batterer will change, and they may even

accept responsibility for the abuse. In addition, women who lack money and job skills may be financially dependent on the abuser, especially if they have children.

Some women are ashamed or embarrassed to admit they are being beaten, or that they made the wrong choice of a partner. Cultural, religious and personal beliefs or practices also play a strong role in a victim's decision to stay in a marriage or relationship. Some women remain in violent situations simply because they believe their partner's promises to change. For battered men, the shame and embarrassment are greatly intensified due to social roles and expectations.

Finally, and most significantly, women stay in violent relationships because they fear the consequences of leaving their partner. Three out of every four battered women are beaten after they leave (in other words, they are divorced or separated at the time of the incident). This can be the most dangerous time due to the batterer thinking he is losing control of the woman. All too often he will resort to violence.

Next month we'll discuss the cycles of violence and how to break that cycle.

The Family Advocacy Program (FAP) offers prevention, education, intervention and counseling for domestic violence related issues. If you feel that there may be problem in your relationship, seek help before it escalates. We are here to help, not hurt!

**Contact FAP at 998-2965 if you have any questions regarding domestic violence.**

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**Cont'd from Page 2**

### **RELOCATION SERVICES**

**Loan Locker** – Our loan locker is fully stocked with everything you will need to get you by until your household goods arrive. Items include: dish kits, cookware kits, sleeping mats, toasters, irons, coffee pots, ironing boards, irons, high chairs and cribs. Items may be borrowed for up to two weeks, but can be extended on a case-by-case basis.

**Internet Computers** – Search the Internet for information about housing, traveling, SITES, employment, city/county services, cost-of-living, etc. Our computers are for your use.

**For additional information, contact "The Center" @ 998-4042.**



Continued from page 1

## VETERANS DAY – HOW IT BEGAN

If the idealistic hope had been realized that World War I was "The War to end all wars," November 11 might still be called Armistice Day. But shortly after the holiday was proclaimed, World War II broke out in Europe and shattered the dream.

Sixteen and one-half million Americans took part. Four hundred and six thousand died. The families and friends of these dead longed for a way to honor their memory.

An answer to the dilemma of how to pay tribute to those who had served came in a proposal made by Representative Edwin K. Rees of Kansas: Change Armistice Day to Veterans Day, and make this an occasion to honor those who have served America in all wars.

President Eisenhower, in 1954, signed the bill proclaiming November 11 as Veterans Day, and he called for Americans everywhere to rededicate themselves to the cause of peace.

A law passed in 1968 changed the national commemoration of Veterans Day to the fourth Monday in October. It soon became apparent, however, that November 11 was a matter of historic and patriotic significance to a great number of our citizens.

Congress, therefore, enacted legislation (Public Law 94-97) which returned the observance of this special day to its traditional date beginning in 1978.

## HELP WANTED

### Federal jobs at Lemoore:

Office Automation Clerk (GS 326-04), Hosp.  
Computer Assistant (GS 335-06), ITS  
Motor Vehicle Operator (WG 5703-05), PW  
Materials Handler (WG 6907-05), Facilities  
Office Automation Clerk (2) (GS 326-05, Hosp  
Medical Clerk (GS 679-04), Hospital  
Office Automation Clerk, (GS 326-04), Admin  
Laborer (WG 3502-03), Facilities  
Electronics Technician (GS-856-09), Air Ops  
Electronics Technician (GS-856-09), Logistics

### Quality of Life jobs:

Recreation Equipment Repairer, \$9.34 hr, FT  
at Outdoor Adventure Center (OAC)  
Customer Service Clerk, \$6.25 hr. FS, OAC  
Publicity Clerk, \$7.52, FS, Marketing Dept.  
Youth Recreation Aids, \$7.50 hr. Youth Ctr .

### Navy Exchange jobs:

Custodial Worker, \$6.25 hr.  
Cashiers, PT and FT

**FOR INFORMATION ABOUT THESE JOBS  
CONTACT THE CAREER CENTER  
998-4033**



